

ABSTRACT

In this bachelor work I will compare the level of the Czech and the world rhythmic gymnastic by using the videotapes from official competitions for analysis of rhythmic gymnastics optional routines, namely optional exercises with hoop. In this analysis I will focus on the way of the throwing and the catching of the hoop. Also I will focus on the question how many times can be this kind of manipulation found in each routine of rhythmic gymnasts.

Title:

Types of throwing and catching of hand apparatuses in comparison of world and czech top competitors in Rhythmic gymnastics optional routines.

Objectives:

The aim of this work is the comparison of Czech and world rhythmic gymnastics techniques of the exercises with the hand apparatus with focus on the throwing and the catching of the hoop.

Methods:

In this paper I'm using the method of quantitative analysis. To get the relevant data for the analysis I'll use the videotapes from the 2011 World Championship in Montpellier. I will compare six world rhythmic gymnasts from this Championship with the optional routines with the hoop of three Czech representatives from the national competition Grand Prix Brno and one Czech representative from another Czech official competition.

Results:

Through the analysis of the videotapes of the Czech rhythmic gymnasts and world rhythmic gymnasts' routines I'll compare their ways of throwing and catch of the hoop. Thus

I'll be able to see the level of efficiency of the Czech and world rhythmic gymnasts and the differences between them.

Keywords:

Rhythmic gymnastics, hoop, throwing, catching, technique of apparatuses exercises.